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GOING FOR GOLD AT CIWW SEE PAGE 9

Capital Times

Cardiff Council Issue 152 August 2013

Countryside comes to the Castle

THIS autumn, Cardiff Council brings the countryside to the city with a brand new event, The Cardiff Country Fair.

Taking place from Saturday, September 28 to Sunday, September 29 at Cardiff Castle, the event will showcase the essence of rural Wales, celebrating the best of farming, food and the countryside from across the UK. The event will see some of the best examples of livestock from across Wales coming to Cardiff.

Supported by Brace's Bread, the innovative event is the first time a country show has taken place in a city centre location, bringing country life right to the heart of the city.

The fair will take place every other year alternating with the Great British Cheese Festival which will now be held biannually.

Cabinet Member for Sport, Culture and Leisure, Councillor Huw Thomas, said: "Following discussions with numerous cheese producers, the much celebrated Cheese Festival will become a biannual event, to fit in with other international Cheese festivals. This gives us a fantastic opportunity to introduce another ambitious event to Cardiff Castle and offer something new to our established audience.

"The Cardiff Country Fair builds on the long standing agricultural show tradition providing families who live in and around our wonderful city the chance to experience the countryside and learn more about where their food comes from. It's an event the whole family can enjoy, giving them the opportunity to sample fantastic Welsh produce, entertainment, rural crafts and the timely harvest festival."

- Tickets are priced £8 for adults and £5 for children with concessions available and will be on sale from 1 August. For more details visit www.cardiffcountryfair.com.
- For more information visit www.CardiffCountryFair.com and www.FfairWledigCaerdydd .com

CARDIFF
CAERDYDD

NEWS

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Crowds come out for Armed Forces Day - see page 5

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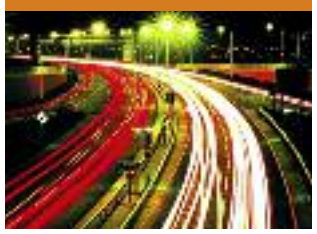

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You can also e-mail us at capitaltimes@cardiff.gov.uk

The paper is also available from council offices and facilities such as libraries and leisure centres across the city and on the council's website www.cardiff.gov.uk

If you have any questions about the delivery or distribution of Capital Times ring 029 2087 2451 or e-mail capitaltimes@cardiff.gov.uk

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Due to new delivery arrangements the next edition of Capital Times will be delivered from the week commencing May 20. The paper will then be delivered monthly thereafter.

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Don't forget

When you've read the Capital Times, make sure you recycle it.

A day in a life

The latest in a regular series looking at jobs carried out by Council employees. This month **Matthew Lamb** Advice Worker at the new Marland House Hub, talks to Capital Times.

SINCE April I have been working at the new Cardiff Advice Hub in Marland House. We offer a whole range of services from advice on finances, benefits, housing, council tax and problems with gas and electricity bills.

My role is to deal with day to day enquiries. People will either come in for a drop in appointment or book one in advance. It's my role to help them solve their issues. Sometimes the enquiry can be quite straight forward and it's a matter of helping them fill out a form or contact a department with some information, other times an enquiry can lead to several different issues that unfold whilst I tackle the original issue.

I'm here to ease people's worries and help them solve their problems. I recently had a thank you letter from someone who told me they had been able to have a good nights sleep for the first time in years since we sorted out their issue. Hearing this was very rewarding and shows how vital our service is.

There are nine of us here at Marland House on hand to give advice. The Citizens Advice Bureau, Credit Union and the Somali Progressive Association are also permanently based at the new hub, with representatives from Want to Work, Shelter, Speakeasy, NEST (for help with fuel poverty) and Trading Standards also available on a surgery basis to offer help and support.

Before the other advisers and I started at the new Advice Hub we were given six weeks of training which included job shadowing various departments within the council, at the Citizen Advice Bureau and the local Job Centres. We also spoke to a number of council departments to get an understanding of how each one worked and have been keeping in contact with these departments to create the most efficient ways of dealing with situations. This has helped greatly as a lot of our enquiries relate to these organisations.

Enquiries that I receive are varied but mostly include advice on council tax debt, housing benefit appeals and maximising income.

The best part of my role is meeting people and helping them through what can be a very difficult time.

• The Advice Hub is based at Marland House, Central Square and is open Monday to Wednesday between 8.45am until 5pm and Thursday 10am to 6.30 pm and Friday 8.45am until 5pm.

Get It Out for Cardiff is back

THE multi-award-winning recycle and re-use scheme, Get It Out for Cardiff (GIOFC) is back for its ninth year and promises to be better than ever.

GIOFC is a Cardiff Council initiative, in association with Cardiff University and Cardiff Metropolitan University, which helps students to clear out their rubbish at the end of the academic year. The aim is to re-use and recycle as much of it as possible.

A total of 18 Green Zones have been set up across the city at university sites where you can donate clothing, food (tins, packets, jars etc), small electrical items, books, CD's, DVD's and kitchen items (plates, mugs, utensils, pans etc). Any food collected will be re-distributed by Fareshare Cymru to relieve food poverty in our communities.

Kitchen items collected will be stored over the summer by our partners Cardiff Self Storage and sold to students at the start of term at heavily discounted prices, with all proceeds going to charity.

The YMCA provide re-use banks across Cardiff to collect clothes, shoes, bags, textiles, small electrical items, books, CD's/DVD's at the end of term and are available all year round. The items collected are used by the YMCA to directly reinvest in projects and services for homeless people at the Cardiff YMCA Housing Association.

Three temporary YMCA re-use banks are also now in place opposite Cathays Library on Cathays Terrace; the junction of Colum Road and Corbett Road near Cathays Park and in Llanbleddian Gardens near Cardiff University Students Union.

Last year, 12 and a half tonnes of re-usable items were collected and all the stops will be pulled out to beat that total in 2013.

Cabinet Member for Environment, Councillor Ashley Govier said: 'GIOFC is an excellent and innovative campaign run by a highly committed partnership team that we have looked to improve year on year. This year, we have put a specialist waste education and enforcement team in Cathays and Plasnewydd that has built great relationships with these communities, resulting in these areas being far cleaner. The team has joined us in ensuring the Get It For Cardiff message is getting through to students so we're hoping for our best ever year.

"Through this scheme, GIOFC offers an excellent solution to that tricky dilemma of getting rid of your unwanted stuff at the end of term while making a valuable contribution to their communities and charities through our partners, Fareshare Cymru and the YMCA. I urge all students to get rid of their stuff in the green zones and YMCA banks across the city and help us keep Cardiff clean while helping these fantastic charities in the process."

Committee dates July / August

Tuesday, 16 July, Standard and Ethics Committee, 4.30pm, Committee Room 1, County Hall.

Wednesday, 17 July, Planning Committee, 2.30pm, Function Room D, City Hall.

Tuesday, 23 July, Community & Adult Services Scrutiny Committee, 5.00pm, Committee Room 4, County Hall.

Thursday, 25 July, Council, 4.30pm, Council Chamber, City Hall.

Tuesday, 6 August, Public Protection Committee, 10.30am, Committee Room 1, County Hall.

Wednesday, 14 August, Planning Committee, 2.30pm, Function Room D, City Hall.

These dates are correct at time of going to press, however changes can occur due to unforeseen circumstances. If you wish to attend any of these meetings, details may be confirmed with Committee Services at County Hall on 029 2087 2000.

Cardiff pupil reaches new heights

A Cardiff schoolgirl has become the youngest Welsh competitor ever to win the British Climbing Championships.

Ten-year-old Emily Phillips, who attends Rhydypenau Primary School, beat off competition from 32 competitors from across the UK to be named British Champion for 9 to 11 year olds at the recent finals in Edinburgh.

Emily, from Cyncoed, has climbed since she was five years old and has been attending Boulders Climbing Centre ever since it opened. She was supported on the day of the competition by Boulders instructors Tom Silsbury and Tim Emmett.

Emily first started competing in 2012 when she did fantastically well to win the Welsh Final.

That year, Emily made it to number five in the British Final being defeated on the Bouldering Problems. She was determined not to let that happen this year and trained hard, working at gymnastics and athletics to improve her stamina and performance.

"When I get to the top of a difficult climb it makes me feel happy, the same feeling that I have after eating a hash brown," she said.

This is not the only recipe to Emily's success - specialised coaching has supported Emily's rise to fame and her self determination enabled her to grab the top spot.

"I climb because each route is different and gives me new challenges. I topped the last blue bouldering problem the first time, the only climber in my category to do this and then I did it again later in my normal shoes," she added.

• Emily competing in Edinburgh (left) and on her school climbing wall.

Rhydypenau headteacher Carolyn Evans said: "Everyone at school is immensely proud of our British climbing champion. Emily has astonished us with her achievements: her perseverance, her tenacity and her determination are all qualities that we seek to nurture in all of our children so Emily is an excellent role model. I look forward to hearing lots more about Emily's achievements in future years."

Photographs by Richard Swingler

Children celebrate the magic of recycling

MORE than 200 primary school pupils from across Cardiff have come together to celebrate the magic of recycling as part of the Really Rubbish show at City Hall.

Central to this year's theme was the journey everyday recyclable items take once we have discarded them, with plastic bottles becoming cosy fleeces and leftover food transforming into a variety of tasty treats.

Cabinet Member for Environment, Councillor Ashley Govier was delighted with the response of the pupils this year.

He said: "Our primary school kids show levels of sustainable awareness that would shame some adults and their passion for recycling is inspirational. This administration is reaching out to people of all ages but with children we are very much of the opinion that it is never too early to educate on the key message, reduce, reuse and recycle."

The exhibitors and workshops included Recreate and their innovative use of old fabrics, Spiro Borg's wonderful way with leftover food, wand making, magic shows, dance classes, poetry and the Council's recycling stand. Caddy Man received a great welcome and the award ceremony, split into two sessions in the morning and afternoon, were rapturously received with everyone going home happy.

The award winners were:

Recycler of the Year Award 2013 - Gabrielle O'Sullivan from St Phillip Evans Primary School

3 R's Award - Radyr Primary School

RR Teacher of the Year - Tracy Addicott from Stacey Primary School

Food Waste Champion 2013 - Emily Goodwin from Christ the King Primary School

Green School of the Year 2013 - Moorland Primary School

Councillor Govier added: "They learn so much at Really Rubbish and critically, take it home to their parents which means there is great hope for the future. Congratulations to all those who won awards."

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Biodiversity Corner

Biodiversity is all living things. It provides us with food, clothing, medicine, building materials and fuel. It helps reduce stress and aids relaxation. Each month Cardiff Council ecologist **Matthew Harris** will point out some of the great biodiversity you can see across the city.

AUGUST

By late summer, most young birds will have left the nest, baby frogs and toads will have emerged from their ponds and fox and badger cubs are gaining their independence.

But for Cardiff's reptiles, the adventure is just beginning, as this is the time when they are born or hatch.

Two lizard species and two snake species are native to Cardiff, and all but the Grass Snake give birth to live young.

Female Common Lizards, Slow-worms (a type of legless lizard) and Adders retain their eggs inside them and give birth to about ten or 20 fully formed young.

Grass snakes however lay between eight and 40 eggs in warm, humid places such as rotting vegetation, compost heaps and manure piles. The eggs incubate for about six weeks, and as with most reptiles, the young are fully independent from the start, and have to make their own way in the world.

I'll be back next month with more biodiversity attractions.

Swim for free during the school holidays

PARENTS are being urged to remember that children under the age of 16 can swim for free at any Council swimming pool in Cardiff during the school holidays.

Leisure centres will also be putting on a series of activities in the pool throughout the summer break, offering great ways for children to try a range of aquatic sports, gain confidence in the water and most importantly of all have fun.

Activities for children will run from10am to 4pm everyday during the school holidays and will include life saving, snorkelling, water discos, walk the plank and water polo.

Sessions vary at different leisure centres and will exclude inset days.

There are seven participating leisure centres around the city and each has their own individual schedule of events running throughout the summer break. So why not 'Walk the Plank' at Eastern Leisure Centre, try out water polo at Fairwater Leisure Centre or get 'Wet and Wild' at Maindy Centre.

For those who can swim 25m there are also rookie lifesaving courses which introduce children to lifesaving skills, strengthen their swimming ability and teach basic resuscitation.

The free swimming initiative funded by the Welsh Assembly Government was launched in 2003 and is aimed at promoting a healthy and active lifestyle. It allows all children and young people aged 16 years and under living in Cardiff to go swimming absolutely free of charge in any of the seven swimming pools.

Young people aged 8 to 16 can also participate in the Road to Rio Activity Camps. Based on the 2016 Rio Olympic Games, the activity camps offer both aquatic and dry side team sports as well as Street Games activities. Booking fees apply.

Cabinet Member for Sport, Leisure and Culture, Councillor Huw Thomas, said: "This scheme is always very popular during the summer holidays and it's great that we can offer such a variety of fun pool activities.

"We have some fantastic pools in Cardiff and it is great that children can use these facilities to stay active and healthy without spending any money."

The pools across the city are Maindy Pool, Llanishen Leisure Centre, Eastern Leisure Centre, Pentwyn Leisure Centre, Fairwater Leisure Centre, Western Leisure Centre and Splott Pool.

• For more information call in to your local Cardiff council leisure centre to pick up a free programme of activities or visit http://apps2.cardiff.gov.uk/leisureactivities/

Llysfaen children create a memorial garden for their headteacher

CHILDREN and staff at Llysfaen Primary School have created a special garden in memory of their headteacher, Phyll Mackeddie, who passed away unexpectedly last summer.

Pupils from across the school in Lisvane worked hard to create the memorial garden to commemorate Mrs Mackeddie, who had taught at the school for over 20 years and became head in 2005.

The nursery children planted up a wheelbarrow, reception pupils weaved willow insects and Year 1 planted flowers in sinks from their old classrooms. Year 2 painted and planted pots, Year 3 painted old tyres and made a climbing hill while Year 4 wrote adjectives on pebbles describing Mrs Mackeddie such as 'thoughtful', 'kind', and 'inspirational'.

Year 5 planted their old wellies with colourful flowers and Year 6 planted recycled planters, decorated with some of Mrs Mackeddie's expressions like "Where are my glasses?"

The garden was officially opened for the schoolchildren with balloons and messages being released before a family fun day for members of the local community and past pupils.

The school has also raised money in Mrs Mackeddie's memory for the Stroke Association and The Noah's Ark Appeal by holding a fun run, non-uniform day and stalls at the school fete.

• Children in the new memorial garden and (inset) Mrs Mackeddie

Working together to save energy

CARDIFF has become the first local authority in UK to adopt an innovative initiative allowing the public to see how much energy council buildings are using.

Cardiff Council has joined forces with sustainable development experts CarbonCulture to give people access to the Council's real-time energy and carbon data as part of the authority's ambition to become a One Planet City.

Cabinet Member for Environment, Councillor Ashley Govier, said: "This gives our staff and members of the public the opportunity to develop ideas to reduce our carbon output and monitor the effect these ideas have.

"The online platform is easy to understand and provides simple visibility of where we could reduce energy use and costs. All members of the community can contribute with school children already involved in some Cardiff schools, developing ideas and then taking them home to use there too."

The initiative also allows people to see which measures are delivering real savings in our energy consumption as well as plans for the future. On Cardiff's CarbonCulture pages for example, you can read about the Whitchurch-Radyr Weir Hydropower scheme that is predicted to produce enough renewable energy to power the equivalent of 550 homes.

This will also prove a valuable management tool for council staff as they monitor their energy use across council buildings.

Councillor Govier added: 'I am proud we are the first local authority in the UK to open up our energy data on our council buildings in this way, laying down the challenge to reduce our energy use in such an innovative way."

Luke Nicholson, Director of CarbonCulture, said: "We're incredibly excited to be working with Cardiff Council as they lead the way in engaging communities around energy saving. Opening up data about public buildings to the people who use them will help people - from school children to library users - to integrate sustainability in their daily lives, as well as releasing massive new cost savings for the public purse."

- To view Cardiff Council's energy use, achievements and sustainable goals, please click on the following link: http://www.carbonculture.net/orgs/cardiff-council/

Armed Forces Day celebrated

ARMED Forces Day saw a day of celebrations and a march by over 1000 serving personnel and veterans through the city centre.

Attending the event was Cardiff Council Leader, Councillor Heather Joyce, who joined the Lord-Lieutenant of South Glamorgan, Dr Peter Beck and The First Sea Lord Admiral Sir George Zambellas KCB DSC ADC, to take the salute.

Following the parade and a drum head service in Coopers Field, Armed Forces Day entertainment was provided for the whole family with a military edge.

This included musical performances from the Commando Training Centre Band of the Royal Marines supported by the South Wales Police Band.

Thousands attended the event with crowds lining the route of the parade to cheer on service personnel.

Before Armed Forces Day itself a special flag raising ceremony took place at Cardiff Castle to mark the start of Armed Forces Day week.

Councillor Joyce, who is the Armed Forces Champion, was joined by veterans, cadets, families of ex-servicemen and members of the Army, Royal Navy and Royal Air Force for a short ceremony to commemorate those who serve and have served in the Forces. This culminated in the raising of the Armed Forces Day flag on the corner bastion of the Castle wall.

Prior to the flag raising ceremony the Armed Forces Day Flag made its way from Mermaid Quay through the River Taff carried by Lance Corporal Ian Lane who was the driver of the armoured vehicle in which Capt Stephen Healey from Cardiff was killed in Helmand Province in May 2012.

Lance Corporal Lane then presented the flag to Capt Healey's widow Ms Thea Davies who took the flag on to Cardiff Castle, escorted by members of the Armed Forces Cadet organisations.

Inside the castle grounds it was handed to Mr and Mrs Than, parents of Squadron Leader Rimon Than who was killed earlier this year in an avalanche accident in Scotland. The party then took the flag on the final part of its journey up to the castle battlements where they were joined by service veterans.

Councillor Joyce said: "Armed Forces Day helps the nation to show its support for the men and women who are currently serving in the Armed Forces and those who have served our country. We owe them a debt of gratitude. Having recently signed the Armed Forces Covenant it's never been so important for the city to show our support for the brave men and women who make up our Armed Forces."

• The Armed Forces Day parade marches through Castle Street (top). Cardiff Council Leader Heather Joyce with Mr and Mrs Than, Thea Davies and military personnel (left) and Lance Corporal Ian Lane presents the Armed Forces Day flag to Thea Davies (right).

Community artwork cleans up at Mill Park!

• (L-R) Councillor Susan Goddard, Lara Sparey, Councillor Lynda Thorne, Cabinet Member for Housing, Communities and Social Justice, Simon Murray, Valerie Allen, Councillor Jim Murphy, Julia Dacey and Dylan Criddle from Herbert Thompson Primary School

AN innovative community art project has been officially opened.

Artist, Lara Sparey has been working with Cardiff Council, the Mill Park Community Group, local school children and Communities First on the project at Mill Park off Plymouth Wood Road, Ely.

The project, which features a series of images and ideas designed by residents, provides a physical barrier to prevent litter blowing into the park from Mill Road.

The artwork is one of a series of improvements that has been made in Mill Park. Working in partnership with the Mill Park Community Group and Communities First, Cardiff Council has installed a multi-use games area and new play equipment under its Neighbourhood Renewal Schemes programme.

The Mill Park Community Group, Herbert Thompson Primary School and Cylch Meithrin Trelai Nursery were all involved in workshops to generate ideas for the art project.

The project was funded through the Welsh Government's Tidy Towns Initiative following a successful bid by Cardiff Council. The funding is given to local authorities to help communities make their area cleaner, safer and tidier.

Councillor Lynda Thorne, Cabinet Member for Housing, Communities and Social Justice, said: "It's great to see an idea from the community coming to fruition and I applaud all the hard-work and effort which has been put in by the residents and pupils of Herbert Thompson School into creating this unique feature at Mill Park."

Your area - Cardiff West

Each month the Capital Times will focus on a different area of the city.

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2034 4699
CantonCommunityHall@cardiff.gov.uk

Insole Court Community Centre
Fairwater Road, Llandaff
2056 2757
Insolecourt@cardiff.gov.uk

DAY CENTRE

Ely Day Centre
Grand Avenue, 2056 5806

Fairwater Day Centre
Plasmawr Road, 2056 6528

Housing office
West district housing office (covering: Ely) 4 Grand Avenue, Ely, 2053 7111
housingenquiries@cardiff.gov.uk

LEISURE CENTRE

Cardiff International Sports Stadium
Leckwith Road, Leckwith
2078 8399, CardiffInternationalSportsStadium@cardiff.gov.uk

Fairwater Leisure Centre
Off Waterhall Road, Fairwater
2055 2210, FairwaterLeisureCentre@cardiff.gov.uk

Western Leisure Centre
Caerau Lane, Caerau
2067 5060, WesternLeisureCentre@cardiff.gov.uk

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2022 9935
cantonlibrary@cardiff.gov.uk

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2056 2064
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2056 4019, fairwaterlibrary@cardiff.gov.uk

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LlanoverHallArts@cardiff.gov.uk

Michaelston Adult Centre
Michaelston Road, Ely
2067 1430
themac@cardiff.gov.uk

Pentrebane Community Centre
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Pentrebaneac@Cardiff.gov.uk

Radyr Neighbourhood Learning Centre. c/o Radyr Comprehensive School,
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2084 2056
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Severn Road Neighbourhood Learning Centre
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2023 1652
severnroadac@cardiff.gov.uk

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childrensplay@cardiff.gov.uk

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2039 5797
childrensplay@cardiff.gov.uk

Youth Club
Dusty Forge Centre
460 Cowbridge Road West, Ely
2059 6849

Fitzalan Youth Club
Lawrenny Avenue, Leckwith,
2039 7165

Glan Ely School Project
Michaelston Community College, Michaelston Road, Ely
2067 2705

North Ely Youth Club
North Ely Community Education Centre,
Pethybridge Road,
Ely
2059 2407

Radyr Youth Club
Radyr Comprehensive School,
2084 3177

Trelai Youth Centre
Bishopston Road,
Ely,
2056 6106

Waterhall Youth Club
Pentrebane Road,
Fairwater
2056 4766

Pupils celebrate new bike shed

A new bike shed has been officially opened at St Alban's Primary School in Tremorfa.

The school, which is part of the Sustrans Bike It programme, has seen a marked increased in the number of children cycling to school each day and the bike shed has been built, with the support of Sustrans, to accommodate the additional bikes that arrive at school each morning.

Former pupil and Cardiff Blues player Dan Fish declared the new facility open as part of a bike-themed fun day of activities including a special assembly, obstacle courses and road safety workshops.

Around 30 St Alban's pupils now regularly ride in to school each day following an eco-awareness week earlier in the year, which earned the school an Eco-Schools silver award.

More and more pupils are putting their trust in pedal power to get to and from school following the week of activities which focused on healthy lifestyles, recycling, energy awareness and sustainability.

St Alban's teacher and 'eco' co-ordinator, Kirsty Harris, said: "We've had a really good response from the children following our Green Eco week and now so many more children are riding into school each day. We hope having this facility at St Alban's will be an incentive for even more children to opt for two wheels to travel to school each day."

• Dan Fish joins staff and pupils to celebrate the bike shed opening.

Schools tune up in whole-class music project

CITY Hall was alive with the sound of music recently when schools from across Cardiff and the Vale of Glamorgan came together as part of a new project giving whole classes the opportunity to learn how to play a musical instrument together.

Around 270 primary school pupils showcased their new skills in front of peers, parents and invited guests at the special concert.

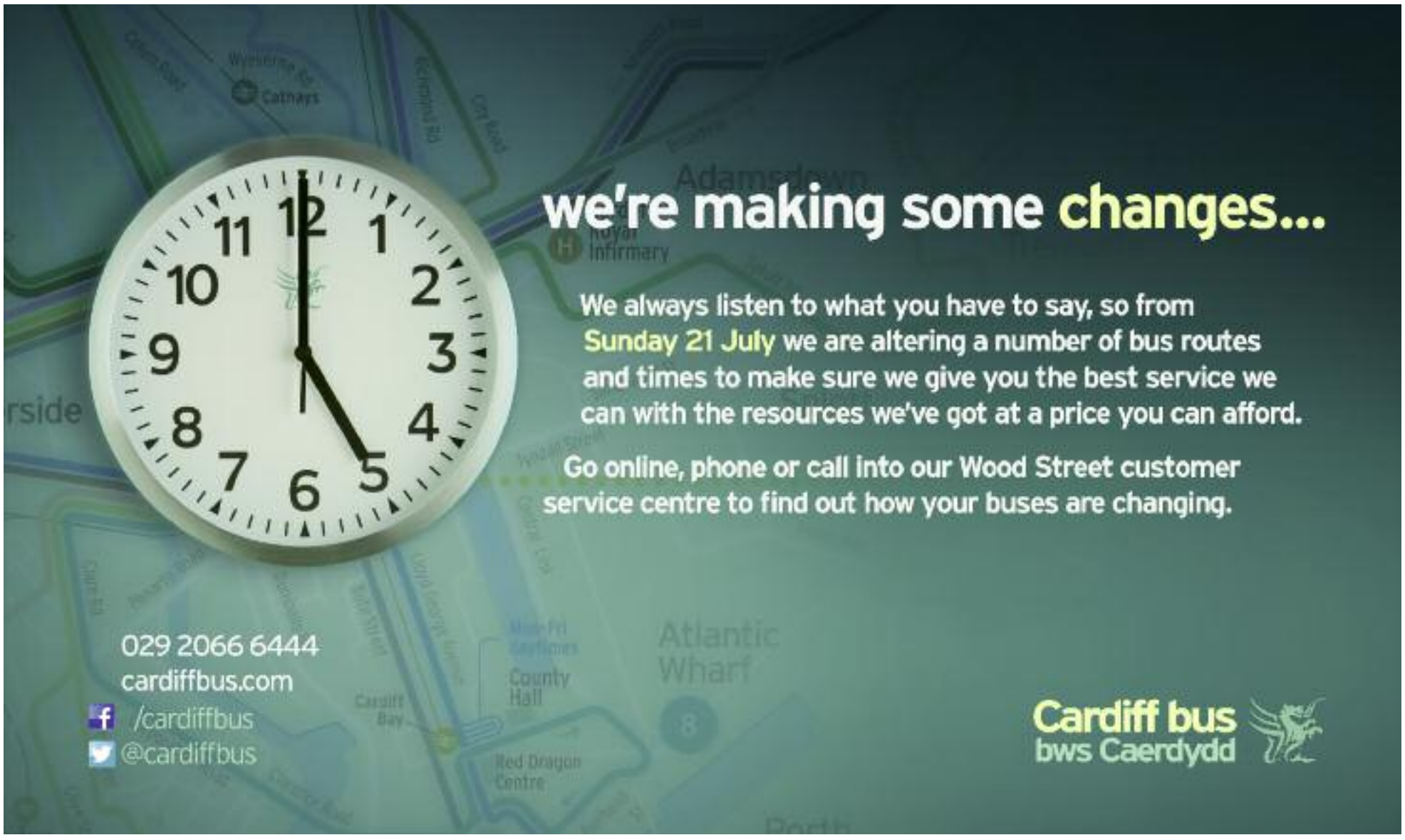
It was the culmination of a project started by Cardiff County and Vale of Glamorgan Music Service (CCVGMS) whereby whole classes as young as Year 1 learn to play an instrument together, rather than in lessons, with small groups of up to four children.

The project aims to expand instrumental tuition experiences to many more pupils at primary level, with a view to introducing greater numbers of pupils to music, identifying the able and talented and offering them the opportunity to continue their experience after one year in small group lessons.

Children from 14 schools across Cardiff and the Vale have learned instruments such as the violin, cello, ukulele, recorder and African drums.

Funding for instruments has been aided by a generous donation of £6,000 from the Cerys Potter Foundation.

Cabinet Member for Education and Lifelong Learning, Councillor Julia Magill, said: "It's great to see the whole-class instrumental tuition project enjoying a successful first year. I'm sure the children taking part have gained a great deal from their involvement as learning an instrument can develop listening, communication, concentration and social skills."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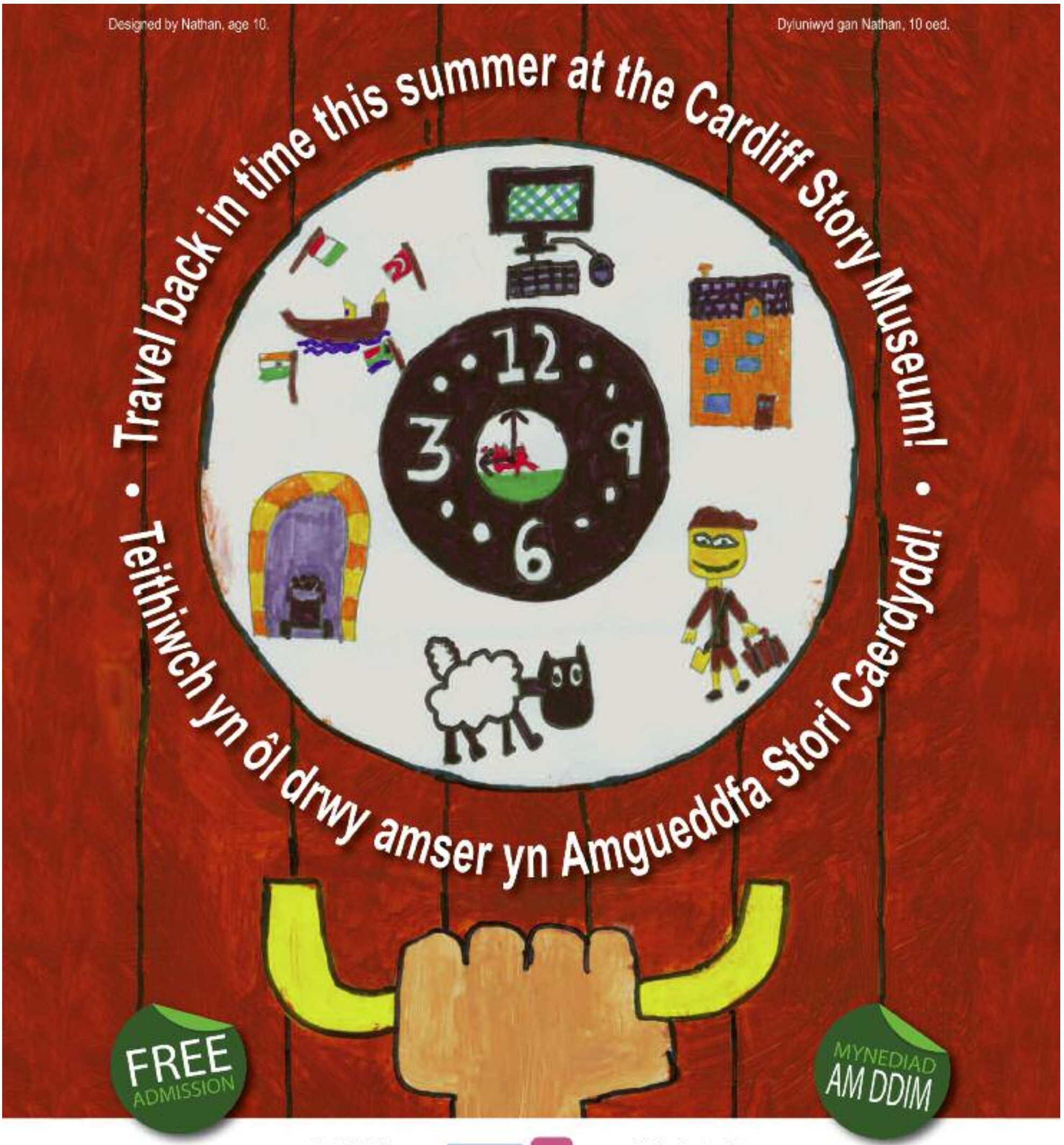
Designed by Nathan, age 10.
Dyluniwyd gan Nathan, 10 oed.
Travel back in time this summer at the Cardiff Story Museum!
Teithiwch yn ôl drwy amser yn Amgueddfa Stori Caerdydd!
FREE ADMISSION
MYNEDIAD AM DDIM

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The Hayes, Cardiff. CF10 1BH
Tel: 029 2078 8334
www.cardiffstory.com

Cardiff Story Museum
Amgueddfa Stori Caerdydd

Yr Hen Lyfrgell
Yr Aes, Caerdydd. CF10 1BH
Ffôn: 029 2078 8334
www.storicaerdydd.com

@thecardiffstory

Capital Sport...

www.cardiff.gov.uk www.sport-cardiff.com

Rhiwbeina pupils are good as gold

PUPILS from Rhiwbeina Primary school won the once in a lifetime opportunity to meet London 2012 Olympians Tim Baillie and Etienne Stott at Cardiff International White Water (CIWW).

The children won the competition thanks to their class mate Ben Cogan who entered the competition to meet the C2 gold medallists Tim and Etienne.

During the visit the school children quizzed the athletes about their sport and of course their superb win in London. Tim spoke to the children about how he took up the sport when he was just three years old and Etienne told them about the amazing feeling it was to win gold.

When asked about the importance of meeting school children to inspire them to take up sport, Tim said:" It definitely changes your life winning the Olympics, it's really busy! You realise you have an opportunity and a responsibility to make the most of it for your sport and for yourself.

"To do nice things like this and talk to the children, without much effort on your part you can have quite a big impact on people. Like many things with the Olympics it's an honour and a privilege these things come with it."

After their Q&A with Tim and Etienne the children were treated to a boat trip around Cardiff Bay to learn about its natural habitat.

Both athletes were in Cardiff to take part in The Canoe Slalom World Cup which was hosted at CIWW. The event saw athletes from across the globe descend on the venue to take part in the exciting competition.

• Pupils from Rhiwbeina Primary School with Etienne Stott, Ben Cogan and Tim Baillie (front row).

Councillor Huw Thomas, Cabinet Member for Sport, Leisure and Culture, said: "Cardiff has proven time and time again that we can hold world class sporting events. CIWW and the International Sports Village development helps us attract a whole new sporting audience to the city.

"This venue, in the heart of the International Sports Village, has become an important visitor attraction in its own right. Visitor numbers are constantly increasing in this area, thanks to new developments such as the Indoor Surfing facility. Events such as these can only be delivered through strong partnerships with sports governing bodies, sponsors and event organisers."

Glamorgan County Cricket Club

Tel: 029 2030 2030
www.glamorgancricket.com

FriendsLife t20
Tuesday, July 23, 6.30pm
Glamorgan vs Worcestershire

FriendsLife t20
Friday, July 26, 6.30pm
Glamorgan vs Northamptonshire

FriendsLife t20
Tuesday, July 30, 6.30pm
Glamorgan vs Gloucestershire

Yorkshire Bank 40
Monday, August 12, 4.40pm
Glamorgan vs Somerset

Yorkshire Bank 40
Wednesday, August 14, 4.40pm
Glamorgan vs Middlesex

For other sporting fixtures taking place across the city this month please visit www.sport-cardiff.com

Please note all fixtures are subject to change

• Headteacher Eleri Williams (centre) with Joseph Ling (R) and sister Graice.

All Saints wins national education award

ALL Saints' Church in Wales Primary School in Llanedeyrn has been crowned winner of an Epilepsy Action education award for its work in supporting pupils with epilepsy.

The Epilepsy Action 'Edwards' aim to recognise educational establishments that demonstrate good practice in supporting pupils and students with epilepsy. All Saints' was chosen as a winner because of its work in supporting one of its children, who has epilepsy, nine year-old Joseph Ling.

Joseph was diagnosed with epilepsy in 2008 and as soon as he started at All Saints', his teacher went on an epilepsy awareness course. A care plan was put in place for Joseph, with help from the school nurse.

Joseph also has an individual education plan so the school can take into consideration the many triggers for Joseph's seizures. These included the moving blinds in the school hall and the stage lighting.

Joseph is assigned a buddy (another child at the school) each day to keep him company and there is a photo of Joseph up in the staff room so that lunch time and supply staff can recognise him.

He also has a home to school book and diary so both the school and Joseph's parents can keep up-to-date with Joseph's epilepsy and seizure patterns.

Rachael Ling, Joseph's mum, nominated the school for the award. She said: "I am so pleased that All Saints' has won this award. Since Joseph has started at All Saints' it's been like a breath of fresh air. Through the support the school has given us, epilepsy is no longer taking over our lives. I can't thank them enough."

Eleri Williams, acting headteacher at the school, said: "We are delighted to have won an Epilepsy Action Edward award and are very grateful to Joseph's mum for nominating us. The wellbeing of every child is of utmost importance to us and it's fantastic to see that we are doing the right things for children with epilepsy to make them feel safe and secure."

• Epilepsy affects an estimated 63,400 children and young people aged under 18 in the UK. For more information about Epilepsy Action and the Edward awards, visit epilepsy.org.uk/edwards

Festival goers all at One

THIS year's One Planet Cardiff Festival has been heralded a huge success.

The festival, which took place at the Wales Millennium Centre (WMC) and Cardiff Bay, offered an exciting programme of events to celebrate how people of all ages in Cardiff are learning to live within their environmental limits and improving their health and wellbeing.

As part of the event children from across Cardiff took part in a variety of workshops at the WMC to show how they have increased cycling to school, reduced waste and learnt to be smarter with their water and energy use.

In Cardiff Bay festival goers enjoyed a host of free attractions with a wide range of interactive activities and family fun on offer.

This included solar powered live music, locally sourced food, locally made crafts, health and relaxation therapies, cycling workshops, face painting, and street entertainers.

The event was also used to launch the Cardiff Cycle Festival.

Cabinet member for Environment, Councillor Ashley Govier said: "This was a fantastic day with many important environmental themes. Cardiff is a three planet city – if everyone in the world consumed natural resources and generated carbon dioxide at the rate we do in Cardiff, we would need three planets to support us.

"We are developing solutions across our remit from hydropower to district heating, and from community food growing to active travel initiatives, to help us build a sustainable future - but the point of the festival is that everyone, from all generations, has a part to play. The festival provided a great opportunity for families to enjoy a great interactive day out, eat locally sourced food and visit the many information stalls outlining how we can all play our part in making Cardiff a One Planet City."

Photograph by Nigel Pugh

Council probe problem and nuisance parking in Cardiff

CARDIFF Council's Environmental Scrutiny Committee has recently completed an inquiry into problem and nuisance parking.

The inquiry focused on key aspects of parking - including parking on pavements, verges, cycle lanes, near schools, commuter parking in residential areas and vehicles which are illegally sold on the public highway.

It also considered elements of best practice from other areas and investigated how the Council can work to reduce parking problems in the city.

During the inquiry Councillors spoke with a range of expert witnesses from Cardiff, South Wales and other parts of the United Kingdom. A key aim of the inquiry was to learn lessons from other people and organisations which can be applied to parking in Cardiff.

Cardiff Council has identified parking as one of its priorities in its Corporate Plan. The document aims to deliver safer routes for schools, review resident parking across the city and use enforcement powers such as civil parking enforcement to ensure that the road network is properly managed.

The inquiry into problem and nuisance parking was carried out by a task and finish group made up of councillors Bob Derbyshire, Sarah Merry, Monica Walsh, Keith Hyde and Paul Mitchell.

Councillor Bob Derbyshire, Chair of Cardiff's Environmental Scrutiny Committee said: "Residents in most Cardiff wards view parking as a significant issue. It can damage pavements, create tension between neighbours and in some instances the obstruction caused is a real danger for pedestrians.

"This inquiry has looked at the problem in detail and has made some recommendations which will hopefully improve how people park in Cardiff," he added.

The inquiry report entitled 'Problem and Nuisance in Cardiff' was approved at a recent meeting of the Environmental Scrutiny Committee and will now be considered by the Cabinet in the near future.

• (L-R) Councillor Huw Thomas with Ken Bray and Vision 21 students

Bute Park pilot scheme is a success

A unique project which has given people with learning needs the opportunity to take part in vocational training at one of Cardiff's most prestigious parks has been hailed a success.

The horticultural learning academy is part of a partnership project between Cardiff Council's Park Services and Vision 21, a registered charity which offers people with learning needs the opportunity to undertake vocational training with a view to employment.

The three month pilot has been funded by the £3.1m grant from the Heritage Lottery Fund (HLF) as part of the £5.6m Bute Park restoration and has allowed students to be fully involved in plant production and refurbishment and planting of the containers for the city's outstanding floral displays.

Cabinet Member for Sport, Leisure and Culture, Councillor Huw Thomas said: "Cardiff Council has been working along side Vision 21 for many years and the latest development in the project offers students the opportunity to take part in a range of activities relating to plant production.

"I think the partnership is hugely beneficial as not only do we have the invaluable input from the students to help us maintain, restore and look after the city's parks and gardens, but we are providing the opportunity for people to gain knowledge and experience in these wonderful green spaces.

"The project helps towards improving confidence and shows people how capable and hardworking the Vision 21 students are and how great they are to work with. This is important in breaking down barriers and giving students work opportunities."

News in brief

Llanishen school visit Urdd

YSGOL Y Wern enjoyed a very successful trip to this year's Urdd Eisteddfod in Pembrokeshire, picking up prizes in group and individual events.

At the annual celebration of the Welsh language and culture and showcase of young Welsh talent, the Llanishen primary school came first in the instrumental ensemble while pupil Eirlys Lovell Jones picked up third prize in both the piano and strings solo competitions.

Ismay Evans scooped first prize with her flute in the woodwind solo while the whole school choir came third in their competition.

Lowri Skyrme won the 2D design in the art, design and technology competition.

Celebration day at Cardiff Castle

CARDIFF'S Filipino community celebrated its country's 115th Independence Day Celebration at a special event at Cardiff Castle.

The Philippine National Flag was raised by the Lord Mayor, Councillor Derrick Morgan and a cultural show was put on showcasing Filipino dances and songs.

After the event a reception took place at Highfields Inn in Caerau Road.

Good Lord – look who's paid a visit to Fitzalan High School

THE Children at Fitzalan High School received a very special visitor last month when Lord Sebastian Coe dropped in to see them.

Lord Coe, who is Olympic and Paralympic Legacy Ambassador and Chair of the British Olympic Association, was in Cardiff attending the fourth Sport Wales Annual Conference at Cardiff City Stadium.

But the Olympic 1,500m gold medallist at the 1980 Moscow and 1984 Los Angeles Games and former 800m world record holder took time out of his busy schedule to pay a visit to the school, where members of the Australian Paralympic team based themselves ahead of last year's Games in London.

• Lord Coe takes part in a wheelchair basketball game at Fitzalan High

Fitzalan is home to a number of new disability sports clubs and during the school visit, Lord Coe joined students in a game of wheelchair basketball as part of a Paralympic roadshow showcasing sports like visually impaired football.

Pupils and staff then highlighted some of the work Fitzalan does to promote sport in the school and community.

Fitzalan High headteacher, Cath Bradshaw, said: "The pupils really enjoyed Lord Coe's visit. They were particularly impressed with the way he stopped to speak with each of them and showed an interest in their school and sporting activities."

Important resident parking permit information

THE resident parking permit counter at County Hall in Cardiff Bay has now closed.

Cardiff Council is currently developing an on-line application system to replace the counter service, which should be up and running later this year.

In the meantime anyone who needs to obtain or renew a parking permit can currently do this by post only.

Please write to Cardiff County Council Parking Services, PO Box 47, Cardiff, CF11 1QB. Cheques/postal orders for payment should be made payable to 'Cardiff County Council'.

All applications will be processed on a daily basis and permits will be returned via first class mail. Residents can still apply to renew a permit at any time during the month in which it expires.

If anyone has any queries regarding the residents parking scheme or about obtaining/renewing their permit then they can either email parkingpermits@cardiff.gov.uk , call 029 2087 2087 or write to the PO Box address.

Alternatively you can visit www.cardiff.gov.uk/parking for further details and instructions on how to obtain a parking permit and the full terms and conditions.

Active Card proves to be the pass to a healthier lifestyle

A healthy diet, motivation from colleagues and access to unlimited exercise have all helped super slimmer Lee Harding to loose an impressive 3st 12lbs in weight, in a bid to transform his lifestyle and get back his self-confidence.

Lee, 32, was working as a Project Support Officer in the Council's leisure department. He had battled with his weight for most of his adult life and despite trying several diets had never been able to shift the extra pounds, at his heaviest weighing more than 22 stone.

He said: "I've always struggled with my weight for as long as I can remember. I tried pretty much everything. Some diets and weight loss programmes worked initially, but there was no long-term change, it went back to the way it was with old habits slipping in again.

"I had an idea of my weight, but it was the week of my dad's birthday when I finally felt like I needed to make a lasting change. He was turning 60 and the realisation dawned that time was ticking and I needed to do something if I wanted to remain fit and active, hopefully into my old age. I wasn't happy."

Working in an office surrounded by fit and healthy people Lee began feeling like the odd one out but was inspired by his colleagues.

He said: "I worked with some really sporty people and they encouraged me to sign up to the Active Card so that I could go along with them and exercise together. They supported me and the Active Card allowed me to participate in a variety of activities and classes such as spin and swimming."

Lee, now weighing just over 13 stone, found that because the card was paid for on a monthly basis not only was it better value than paying per class, it also encouraged him to try new things which he may not have usually considered.

"Once my confidence increased I began to make full use of the card, trying new things such as TRX and badminton. As I paid up front each month I felt I wanted to make the most of it and it provided new opportunities which I may not have normally pursued. I gave Zumba and Pilates and go and began using the gym more regularly. I threw myself into it and whereas before if I had a spare half hour before a class I would sit and wait in the car, I started utilising the card by popping up to use the gym instead," he said.

Since transforming his lifestyle Lee has found that his health has greatly improved as well as his mood and confidence. "I am proof that people can make changes. I found the Active Card was a great help as it made exercise and leisure easily accessible for me."

• Lee Harding before and after his weight loss

Additional health benefits have included an improvement in Lee's asthma and lung capacity.

The Active Card is a simple scheme offering great value for money for use of amenities such as gyms, swimming pools, fitness classes, racquet sports, athletics and cycling across the city.

• For more information please visit www.cardiff.gov.uk/activecard

Your ward surgeries

ADAMSDOWN
Nigel Howells.
1st & 3rd Saturday of every month 11am to 12 noon at Roath Library, Newport Road. To request a personal visit please contact Tel: 029 2046 5233
Manzoor Ahmed. 2nd & 4th Saturday of the month, 10.30 - 11.30 am at Roath Library, Newport Road.
Contact Tel: 07850 743355

BUTETOWN
Ali Ahmed.
Every 2nd & 4th Saturday of every month, 11am to 12 noon at County Hall, Atlantic Wharf (in the office to the left of reception). Saturday street surgeries - 12.15pm to 1.15pm. For more details contact 07976 358696

CAERAU
Peter Bradbury and Elaine Simmons.
Saturday 20 July 2013
10am to 11am at Western Leisure Centre, Caerau Lane.
No appointment necessary.
Please contact 07973 179577 for more details. There is no Surgery in August.

CANTON
Richard Cook, Cerys Furlong and Ramesh Patel.
Every Saturday 10am to 11am
From 1 June 2013 for 6 months the venue has change to
Canton Uniting Church, Cowbridge Road East, Cardiff CF5 1LQ.
No appointment necessary

CATHAYS
Elizabeth Clark.
First Saturday of every month 11am to 12noon at Cathays Library, Fairoak Road.
Please contact Councillor Clark on 20630311 or email eclark@cardiff.gov.uk
Sam Knight, Sarah Merry and Christopher Weaver. 1st Saturday of the month. 11am to 12noon at Cathays Community Centre, Cathays Terrace.
All other Saturdays at Cathays Library, Fairoak Road. For city centre surgeries contact Members Services on 029 2087 2020 for details.

CREIGIAU & ST FAGANS
Graham Thomas
To book an appointment or arrange a house call please email: graham.thomas@cardiff.gov.uk or call Councillor Thomas on 07805 850812 or Members Services on 029 2087 2020.

CYNCOED
Kate Lloyd, Margaret Jones & David Rees. 23rd July, 2013 at 10.00am at Anatoni's Cafe, Clearwater Way, Lakeside Shopping Precinct
For further details contact Members Services on 029 2087 2020

ELY
Jim Murphy, Susan Goddard and Russell Goodway. 1st & 3rd Saturday of every month except for August.
Ely Day Centre, Grand Avenue, Ely
Contact Members Services on 029 2087 2020

FAIRWATER
Lisa Ford and Neil McEvoy.
Every Saturday 11.00am to 12noon at Fairwater Library.
Every Wednesday 12noon to 1.00pm at Pentrebane Community Centre
Please contact Councillor Ford: Tel: 07891 518426 email LisaFord@cardiff.gov.uk
Councillor McEvoy: Tel: 07966 375523 email NMcEvoy@cardiff.gov.uk
Paul Mitchell. 1st and 3rd Saturday, 11am to 1pm - street surgeries at various locations. 2nd and 4th Saturday 2pm to 3.30pm – fixed surgeries at Fairwater Library. Contact paul.mitchell@cardiff.gov.uk for further details.

GABALFA
Ed Bridges and Gareth Holden.
Thursday 1 August, 6-7pm: Heath Pub, Whitchurch Road
Please check the website or see local press for location

GRANGETOWN
Ashley Govier, Chris (John) Lomax and Linda Thorne. Every Saturday from 10.30am at Grangetown Library, Havelock Place. Third Monday of every month, 12noon to 1pm at Grangetown Library, Havelock Place. First Wednesday of the month from 6pm at Channel View Flats Community Room.

HEATH
Fenella Bowden. 1st Saturday of the month, 10am to 11am at Birchgrove School; and as advertised within the ward. Contact Tel: 029 2069 2435.
Lyn Hudson. 1st Wednesday of every month (except August). 5.30pm-6.30pm, Maes y Coed Community Centre.Graham Hinchey.
1st Monday of every month (except August).
5.30pm - 6.30pm
Maes y Coed Community Centre
For details of Street Surgeries please contact Councillor Hinchey

LISVANE
David Walker.
To book an appointment please call Councillor Walker on 029 2076 5836.

LLANDAFF
Gareth Aubrey and Kirsty Davies.
2nd Saturday of every month 12.30pm to 1.30pm, at Llandaff Parish Hall.
4th Saturday of every month, 12noon to 1pm at St Johns Hall, Danescourt.

LLANDAFF NORTH
Dilwar Ali and Siobhan Corria.
1st & 3rd Tuesday of each month - 5.30pm - 6.30pm Llandaff North Library, Gabalfa Avenue, Llandaff North
2nd & 4th Thursday of each month - 10.00am - 11.00am. Gabalfa Community Education Centre, Colwill Road, Llandaff North

LLANISHEN
Phil Bale, Garry Hunt and Julia Magill.
Every Saturday 10am to 11am at Cardiff North Labour Office, 13 Llangranog Road, Llanishen.
Andrew Graham.
To book an appointment or arrange a house call please email: Andrew.Graham@cardiff.gov.uk or call Councillor Graham 029 2075 1364 or Members Services on 029 2087 2020.

LLANRUMNEY
Heather Joyce, Derrick Morgan and Keith Jones.
1st Saturday of every month; and every Tuesday 9.30am at Llanrumney Library, Countisbury Avenue.

PENTWYN
Joseph Carter, Paul Chaundy, Keith Hyde and Judith Woodman.
Alternate Fridays (School term times only), 11.30am - 12.30pm at the Powerhouse, Llanedeyrn
Contact 029 2054 9650; or
11.30am - 12.30pm at the Dome, Pentwyn, Contact 029 2054 9033
No appointment necessary

PENTYRCH
Craig Williams.
To book an appointment or arrange a house call please call 07843 233083 or email crwilliams@cardiff.gov.uk

PENYLAN
Joe Boyle, Patricia Burfoot, and Bill Kelloway. Friday 19th July 2013 between 6.00pm – 7.00pm in the Foyer, Marlborough Primary School, Blenheim Road.
No Surgery in August

PLASNEWYDD
Daniel De'Ath, Mohammed Javed, Sue Lent and Mary McGarry. Every Saturday morning 10.00am- 11.00am - Penylan Library and Community Centre, Ninian Road (except August)

PONTPRENNAU & OLD ST MELLONS
Dianne Rees. 1st Saturday of every month (except August)
9.30am-10.30am - Caer Salem Baptist Chapel, Tyr Winch Road.
1st Monday of every month (except for Bank Holidays and August))
6.00pm - 7.00pm - Pontprennau Community Centre, Heol Pontprennau
Georgina Phillips, 1st Saturday of every month, 9.30am to 10.30am.
Upstairs at Pontprennau Community Church Centre, Heol Pontprennau.
1st Saturday of every month 11am to 12noon, The hall at the rear of Caersalem Baptist Church, Mill Lane, Old St. Mellons.

RADYR & MORGANSTOWN
Roderick McKerlich.
To book an appointment please call Councillor McKerlich on 029 2084 3106
Email rmckerlich@cardiff.gov.uk

RHIWBINA
Jayne Cowan, Eleanor Sanders and Adrian Robson. Saturday 3rd August 2013 Ward Surgery between 9.30am – 10.15am. Coffee Morning 10.30am – 12.00noon. Rhiwbina Baptist Church, Lon Ucha, Rhiwbina
Free entry, but a raffle and Bring and Buy. http://rhiwbinaward.co.uk

RIVERSIDE
Iona Gordon, Cecilia Love and Phil Hawkins.
Saturdays from 12.30 - 1.30 pm at 2, Clare Street, Riverside [Corner with Tudor Street], No appointment necessary

RUMNEY
Bob Derbyshire & Jacqui Parry
1st Tuesday of the month.
10am at Rumney Library, Brachdy Road. 3rd Thursday every month 6.30pm – 7.30pm at Rumney Community Centre, Llanstephan Road.

SPLOTT
Gretta Marshall, Luke Holland and Huw Thomas. 1st Wednesday of the month 2.00pm – 3.00pm at the Star Centre, Splott Road, Splott CF24 2BZ. 2nd and 3rd Wednesday of the month, from 6.00pm at Moorland Community Centre, Moorland Road, Splott CF24 2LG

TROWBRIDGE
Ralph Cook, Michael Michael and Monica Walsh.
Councillors Ralph Cook and Monica Walsh would be pleased to see you on 1st Saturday of every month (excluding August and January)
At 10 am at St Mellons Library, Crickhowell Road, St Mellons.
Councillor Michael Michael would be pleased to see you on the 1st Wednesday of every month (excluding August & January)
9am-10am at Trowbridge Community Centre, Caernarvon Way, Rumney.

WHITCHURCH & TONGWYNLAIS
Jonathan Evans, Chris Davis, David Groves & Benjamin Thomas
First Saturday of the month, 11am to 12noon in Whitchurch Library.
Second Saturday of the month, 11am to 12noon in Whitchurch Community Centre. Third Saturday of the month, 11am to 12noon in Ararat Baptist Church, Whitchurch. Fourth Saturday of the month, 11am to 12noon in Bethesda United Reformed Church, Tongwynlais

Councillors are also available by phone. Call Member Services on **2087 2020** or visit **www.cardiff.gov.uk/councillors** for details. Surgeries are not held on Bank Holidays.

Capital Events...

Another event brought to you by Cardiff Council www.cardiff.gov.uk or Call C2C on 2087 2087

New Theatre

Tel: 2087 8889
www.newtheatrecardiff.co.uk

See website for performance times.

The Faaaaaabulous Ceri Dupree Show
Friday, July 19 - Saturday, July 20, 7.45pm

English Youth Ballet: Giselle
Friday, July 26 - Saturday, July 27

The Gruffalo's Child
Friday, August 2 - Sunday, August 4

Summerdance 2013
Saturday, August 10, 7.30pm

St David's Hall

Tel: 2087 8444
www.stdavidshallcardiff.co.uk

See website for performance times and further details.

Family Prom-Heroes and Villains
Saturday, July 20, 12pm

Tiddly Prom-Bert's Magical Musical Farmyard
Saturday, July 20, Monday, July 22, Saturday, July 27, 10.30am

Hall of Fame Prom
Saturday, July 20, 7.30pm

Kookamunga-Welsh Proms-Fringe Event
Saturday, July 20, 5pm

Try Gamelan
Saturday, July 20, 1.30pm

Brass and Voices Prom
Sunday, July 21, 5pm

Gamelan Prom
Sunday, July 21

Jazz Prom
Monday, July 22, 8pm

Organ Prom
Monday, July 22, 1pm

Spooky Men's Prom
Tuesday, July 23, 7.30pm

Soundworks Prom with the Mavron Quartet
Tuesday, July 23, 1.30pm

Liberty Street Jazz Band
Wednesday, July 24, 1pm

Orchestra Sugardog & The Tidy Ones
Wednesday, July 24, 5pm

Samba Drumming Workshop
Wednesday, July 24, 1.30pm

Uke Can Do It Workshop
Wednesday, July 24, 4pm

Best of the West End Prom
Wednesday, July 24, 7.30pm

Dewi Griffiths
Thursday, July 25, 5pm

Romantic Prom
Thursday, July 25, 7.30pm

The True True Story of Quincy Jones
Wednesday, 24 July - Saturday, July 27, 8pm

Junior Conservatoire
Friday, July 26, 4pm. Free Event, for ticket information contact the Box Office 029 2087 8444.

The Siren Sisters
Friday, July 26, 5pm

Fanfare Prom
Friday, July 26, 7.30pm

Last Night of the Welsh Proms Cardiff
Saturday, July 27, 7pm

Born This Way:A Lady Gaga Experience
Friday, August 2, 7.30pm

Chris and Pui Roadshow - CBeebies' favourite double act
Saturday, August 3

National Youth Orchestra of Wales
Sunday, August 4, 7pm

MusicMix
Monday, August 5-Friday, August 9
To take part, complete the online application form: www.artsactive.org.uk/musicmix or contact Arts Active on 029 2087 8570 / artsactive@cardiff.gov.uk

Cardiff Castle

Tel : 2087 8100
www.cardiffcastle.com

Holiday Activities 23 July – 27 August-listed below. Limited availability. Please book on 029 2087 8100. Additional charge for each workshop, check website for details. Normal admission applies to the Castle. Free entry to Castle Key and Season Ticket holders.

Dragons
Tuesday, July 23, 10.30am
Hear the tale of the dragon and get the chance to make a dragon-related movie trailer.

Fairy Tales
Tuesday, July 30, 10.30am
Visit the nursery for inspiration and then create your own version of the fairy tale.

Armour
Tuesday, August 6, 10.30am
Try on medieval and Roman armour.

Birds of Prey
Tuesday, August 13, 10.30am
A chance to get really close to our resident hawks and owls.

The Victorian Servants
Tuesday, August 20, 10.30am
Meet the servants for a morning of polishing and cleaning.

The Castle Animals (Art)
Tuesday, August 27, 10.30am
The Castle is full of animals – a menagerie for you to draw.

Park Events

Tel: 2068 4000
www.cardiff.gov.uk/parks

Friends of Insole Court
Thursday, July 18, 10am
Guided walk from Insole Court. Meet at Insole Court. Free.

Love Parks Week
Saturday, July 20 - Sunday, July 28
See www.loveparksweek.org.uk or www.cardiff.gov.uk/parks

Cwest Natur/Nature Quest RSPB, Bute Park
Saturday, July 20, 10am -12pm
Families are invited on a Nature Quest. Donations welcome for the hire of the Nature Quest packs. Meet at the Bute Park Education Centre.

Bugs and Butterflies at Grangemoor Park
Saturday, July 20, 10am. Join the Park Rangers on a mini beast safari. Meet at the entrance to the park opposite McDonalds. Free.

Forest Farm Wildlife Watch
Saturday, July 20, 10am -12noon
Lots of fun activities with other nature detectives. For a programme contact gstamp@cardiff.gov.uk / 029 2044 5903. For details visit www.welshwildlife.org/Watchgroups

Monthly Nature Ramble at Forest Farm
Saturday, July 20, 10am -12noon
Bring binoculars if you have them. Meet at the Warden's Centre. Free.

Bute Park Education Centre Summer activities
Monday, July 22 - Friday, August 30
Drop in to the Bute Park Education Centre over the summer to have a go at seasonal arts and crafts for the family. Free. For details, visit www.cardiff.gov.uk/butepark

Walk in Bute Park-as part of Love Parks Week
Wednesday, July 24, 6pm -7.30pm
Meet at Bute Park Education Centre. Free.

Bat evening at Hailey Park
Wednesday, July 24, 9pm -11pm
Meet at Radyr Road Car Park. Free.

Animal Antics Bute Park
Wednesday, July 24, 11am - 2pm
Make a wild animal mask and run races in animal sports day. Meet at the Bute Park Education Centre. £3.

Blooms and Butterflies stroll, Hailey Park
Thursday, July 25, 6.30pm - 8pm
Meet at the Radyr Road car park entrance. Free.

Nant Fawr past and present
Sunday, August 4, 2pm - 4pm
See how history affects the landscapes and how the site is managed. Meet at the entrance adjacent to Cardiff High School. Free.

National Play Day-Bute Park (lawns outside Education Centre)
Tuesday, August 6, 11am - 3.30pm
Huge array of activities including arts and crafts, sports, den building and lots more! Free.

Fly fishing for adults (beginners)-Forest Farm
Saturday, August 10, 10.30am - 2.30pm. The day will involve theory in the classroom followed by practical instruction on the River Taff. Places limited, to book call 029 2044 5911/5903. Bring wellies/waders if you have them and lunch. Tea and coffee supplied. Meet at the Warden Centre, Forest Farm. Charge £10.

Bat walk at Heath Park
Wednesday, August 14, 9pm -11pm
Meet at Heath Park Model Railway car park. Free.

Libraries

Tel: 2038 2116
www.cardiff.gov.uk/libraryevents

Children's activities
Cardiff Libraries provide free Rhyme Time, Story Time and Language and Play sessions for babies and toddlers.

Central Library, The Hayes, has Rhyme Time for 0 - 2 year olds every Wednesday and Thursday morning at 10.30am. Please book a place by telephoning 2078 0953 or emailing childrenslibrary@cardiff.gov.uk

Story Time for 2 - 4 year olds in Central Library is on Tuesdays and Fridays at 10.30am.

We also have lots of activities happening across Cardiff. Contact your local branch library to find out what activities are available for young children close to your home.

Canton Library currently closed for refurbishment, scheduled to re-open in December 2013
Cathays Library 2078 5580
Ely Library 2056 2064
Fairwater Library 2078 5583
Grangetown Library 2023 0526
Llandaff North Library 2061 3182
Llanedeyrn Library 2073 1428
Llanishen Library 2075 0634
Llanrumney Library 2078 0994
Penylan Library 2078 8400
Radyr Library 2078 0996
Rhiwbina Library 2069 3276
Rhydypennau Library 2075 4657
Roath Library 2049 4538
Rumney Library 2079 5834
Splott Library 2046 2522
St Mellon's Library 2078 0992
Whitchurch Library 2062 8951

Coffee Morning
Rhydypennau Library. Every last Friday of the month. Fairtrade Tea and filter coffee provided. Quizzes, newspapers and crosswords available. Call 2075 4657 for details.

Live Music
Central Library. Saturday from 1pm. A wide range of artists performing live. Call the library on 2078 0959 for details.

Millennium Stadium

Tel: 08442 777 888
www.millenniumstadium.com

Bruce Springsteen & the E Street Band
Tuesday, July 23

Flat Holm

Tel: 2087 7900
www.flathomlisland.com

Rich in wildlife, steeped in history, this unique island is a perfect getaway for the whole family. Why not book a day trip to explore the island or stay overnight at this beautiful location just 5 miles from Cardiff. Visits to the Island can be arranged through local commercial operators or for residential and specialist bookings please contact our office on 029 2087 7912.

Norwegian Church Art Centre

Tel: 2087 7959
www.norwegianchurchcardiff.com

Zumba
Every Monday, 5.30pm - 6.30pm.

Streetdance
Every Tuesday, 5.30pm - 6.30pm.

Wild Things-Art Exhibition
Tuesday, July 30 - Sunday, August 4, 9.30am - 5pm. Free.

Fuchsia Society Flower Show
Saturday, August 3 - Sunday, August 4, 11am-5pm. Free.

Boutique Market
Sunday, August 11, 11am-4pm

F22 photographic exhibition
Monday, August 5 -Saturday, September 1, 9.30am-6pm. Free.

City and Bay Events

Email: events@cardiff.gov.uk
Email: Eventsmarketing @cardiff.gov.uk
www.cardiff.gov.uk www.cardiff-festival.com
2087 2087/8 (cym).

All events subject to confirmation. Information on the L8 (late) night bus service is available from: 0870 608 2608 and www.cardiffbus.com

Cardiff Festival 2013
Wednesday, June 12 - Saturday, Sept 7. A fusion of artistic, sporting and cultural events spread across the city during the summer months. For details, visit www.cardiff-festival.com

Cardiff Carnival
Saturday, August 10, 10am - 6.15pm. Cardiff Carnival will transform the city centre with a riot of flamboyant carnival art, colour and style! For details visit www.cardiff-festival.com Free.

Cardiff Bay Beach supported by First Choice
Sat, July 27- Sun, September 1. A brand new attraction will see Roald Dahl Plass being transformed into an urban beach. For details visit www.cardiff-festival.com

Classic Car and Boat- Roald Dahl Plass, Cardiff Bay, Inner Harbour & Cardiff Yacht Club
Sunday, August 11, 11am-4.30pm
Free for spectators.

Cardiff Bay Water Activity Centre
Learn sailing, rowing, powerboating, windsurfing, archery, fishing and more. Contact 029 2087 7977 or 029 2035 3912 or visit www.cbwac.com

Cardiff International White Water
White water rafting, kayaking, canoeing and stand up paddling. All abilities welcome aged 8+. Contact 029 2082 9970 or visit www.ciww.com

The Cardiff Story Museum Free Summer Events
Story Time - Every Wednesday, 11.30am and craft sessions throughout the day. (suitable for children 4+)
History Detective trails - Throughout the summer holidays (suitable for 2-11 year olds).
Bugs, Pests, Rust & Dust- Thursday, August 22, 10am & 2pm (for the whole family, suitable for age 6+, booking required). For details visit www.cardiffstory.com or call 029 2078 8334.

Cardiff Farmer's Markets
Rhiwbina, Butcher's Arms-Every Friday 10am -1pm. Roath, Mackintosh Sports Club-Every Saturday 9.30am -1pm. Riverside, Fitzhamon Embankment-Every Sunday 10am - 2pm. There is also a market for Antiques, Books, Bric-a-brac, Clothes, Food and Furniture on St. Mary Street every Saturday 11am-5pm. For details, visit www.riversidemarket.org.uk

Cardiff Naturalists' Society
A series of talks and field trips covering all aspects of wildlife from plants and animals to the environment and geology. For details visit www.cardiffnaturalists.org.uk

Cardiff Philatelic Society
Stamps, postcards or postal history group. Meet alternate Tuesdays, 7.30pm at Llanishen Baptist Church, Fidlas Road, Llanishen, CF14 5LZ. For details visit www.cardiffphilatelicsociety.org.uk

Cardiff Royal Naval Association
Meet monthly on the second Monday at 7.30pm at the Rumney Royal British Legion. Former and serving members of The Royal Navy and Royal Marines welcome, for details contact 07926 030327 or e-mail jeffhadley@hotmail.co.uk

The Royal Welsh Regimental Comrades Association City of Cardiff Branch
Former and serving members of the Royal Welsh, Welch Regiment, South Wales Borderers, Royal Welch Fusiliers, Royal Regiment of Wales and any affiliated territorial and regular battalions are welcome. Meet at the Warrant Officers' and Sergeants Mess at Maindy Barracks on the third Friday of every month at 7.30pm. For more information call 029 2061 8115 or 029 2054 9577.

Monday Club
If you are age 50 plus and would like to make new friends and enjoy a game of bingo come along to the weekly club at Home Guard Club, Ely at 1.30pm. Complimentary refreshments are also available.

National Museum Cardiff-The Famous Mold Gold Cape
Tuesday, July 2-Sunday, August 4
A stunning example of embossed gold work from the early Bronze Age. Free. For a full listing of events and exhibitions visit www.museumwales.ac.uk

Rhiwbina Floral Society
Meet every first and third Tuesday of the month at Rhiwbina Memorial Hall, Lon Ucha, CF14 6HL. For details, visit www.rhiwbinafloralsociety.org.uk

Royal Welsh College of Music and Drama
For performance information visit www.rwcmd.ac.uk. Box office: 029 2039 1391 / boxoffice@rwcmd.ac.uk

Sherman Cymru-Matthew's Passion
Wednesday, July 24-Saturday, July 27, 7.30pm. For details on this and other events visit www.sherman cymru.co.uk or call 029 2064 6900.

St Fagans: National History Museum-Tudor Sports
Tuesday, July 23-Thursday, July 25
Hear about Welsh wrestling, cnapan and cockfighting. Free. For information on all events, visit www.museumwales.ac.uk

The Gate Arts and Community Centre
For performance information visit www.thegate.org.uk or call 029 2048 3344.

Welsh widows and widowers group
The group meet every Saturday night for visits to local restaurants, live entertainment or a friendly chat and a drink. We also have a lunchtime club on a Wednesday each fortnight. For information, call 07749 542858 or e-mail friends@welshwidows.co.uk / website www.welshwidows.co.uk

Phoenix Boxing Gym in Llanrumney via Chapter Arts Centre - Shadow Boxing
Theatre company Broken Souls is putting on a one man play that packs no punches at the Phoenix Boxing Gym in Llanrumney, in Cardiff, From Tuesday, July 23 to Saturday, July 27. The only way to get to the gym for the performance will be via the Shadow Boxing Bus that will collect audiences from Chapter Arts Centre at 7.30pm and will take them to the gym in Llanrumney, with a return trip back to Chapter by 9.30pm.Tickets are available from Chapter in Cardiff on 029 2031 1050 or www.chapter.org and include return bus transport. For more information on Broken Souls visit brokensouls.co.uk.

Student Price List

SEPTEMBER 2013

Student FREE Ticket Value £2.30

MEAL OF THE DAY £2.30

Choose from a wide range of freshly prepared home made dishes from our 4 week menu or see the Daily Chef's special! Includes vegetables or salad and a branded drink.

TASTE DEAL £2.30

A deli or 'street' style option including a bottle of Welsh water. See the Taste Deal Poster for this term's offer!

GRAB BAG £2.30

A sandwich, fruit bag and a drink or A baguette and a drink.

PASTA KING, SPICE CONNECTIONS & HOMEMADE PASTA POTS £1.60

To eat in or take away: our healthy and filling range of pasta or rice with a choice of contemporary sauces.

SIDES/EXTRAS

Sauce sachet	10p
Grated cheese 1oz	60p
Baked beans	60p
Plain bread roll	20p
Flora portion	20p
Jam portion	20p
Side salad	70p
Gravy/curry sauce	30p
Vegetable of the day	50p
Rice/Pasta	80p

POTATOES

Potato portion	£1.40
Jacket potato (plain)	70p
Filled potato (2 fillings) choose from:	£1.80
• Cheese & beans	
• Cheese & coleslaw	
• Tuna & cheese	
Luxury filled potato (see the board for today's choice)	£2.00

SNACKS & TOASTIES

Toasted sandwich	£1.60
Pizza slice	£1.10
Calzone pizza	£1.10
Cheese & onion pasty	£1.10
Bacon & cheese wrapover	£1.10
Breakfast tray bake	£1.10
Toasted bagel	60p
Toasted teacake	60p
Toast slice	30p

HOT ROLLS

Panini	£2.00
½ Panini	£1.00
Chicken/Quorn burger & cheese	£1.20
Chicken/Quorn burger	£1.10
Bacon or sausage bap	£1.10

SANDWICHES, BAGUETTES & WRAPS

Standard sandwich	£1.50
Bloomer / Premium sandwich	£1.60
Filled wrap	£1.80
½ filled baguette	£1.00
Large filled baguette	£2.00

SALADS

Side salad	70p
Salad pot of the day	£1.80
Premium chicken salad	£2.00

CAKES, COOKIES & DESSERTS

Home made cookie	70p
A selection of home made cakes, muffins & flapjack	80p
Hot pudd & custard	80p

BRANDED BAKERY

Muffins, cookies & flapjacks	90p

FRUIT & YOGURT

Fresh fruit item	30p
Fruit bag	40p
Fresh fruit salad	75p
Muller yogurt	50p
Fruit & yogurt crunch	£1.00
FroYo	50p
FroYo Plus	70p

DRINKS

Milk Carton	50p
Fairtrade Juice 200ml	50p
Fairtrade Juice 500ml	£1.00
Oranica Juice 200ml	30p
Bottled Water 500ml	60p
Aqua 67	60p
Bean to Cup Coffee	80p
Hot Milk Chocolate	80p
Tea	60p
Soft Drinks 500ml	£1.10
Yazoo	£1.10

Vegetarian options available in all categories.

Non students will be charged VAT

Some catering areas will offer a mix of the above.

www.cardiff.gov.uk/schoolscatering www.caerdydd.gov.uk/arlwyoygolion

cardiffcatering

the Cardiff Story / Stori Caerdydd

EACH month Capital Times will feature an object that The Cardiff Story has in its collection but need our readers' help to solve its mysteries.

Can you shed light on these scales?

This month, the Cardiff Story Museum is asking for our readers' help in solving the mystery behind these scales.

Stamped on the scales is 'THE CARDIFF SCALE CO. AIRPORT CARDIFF' but the staff do not know whether the Cardiff Scaling Company was based at Cardiff Airport or if the scales were used at Cardiff Airport.

Do you know anything about the company or object? If so then please call 029 20871030 or email cardiffstory@cardiff.gov.uk

Public Notices

THE COUNTY COUNCIL OF THE CITY AND COUNTY OF CARDIFF (DIAMOND STREET, ADAMSDOWN, CARDIFF) (RESIDENTS PARKING PLACES) ORDER 2013

Notice is hereby given that on 12th day of July, 2013 the County Council of the City and County of Cardiff in exercise of its powers under the Road Traffic Regulation Act 1984 (as amended), Part 6 of the Traffic Management Act 2004 as amended and The Civil Enforcement of Parking Contraventions (City and County of Cardiff) Designation Order 2010, and of all other enabling powers made an Order the general effect of which will be to establish Residents Park Place (between the hours of 8.00 a.m. and 10.00 p.m. daily) in Diamond Street on its north west side from the common boundary of Nos. 43 and 45 Diamond Street in a north east direction to the boundary of Nos. 53 and 55 Diamond Street and; on its south east from the common boundary of Nos. 34 and 36 Diamond Street in a north east direction to the boundary of Nos. 44 and 46 Diamond Street and; on its south east from the common boundary of Nos. 56 and 58 Diamond Street for a distance of 42 metres north east.

The cost of a permit will be in accordance with the County Council of the City and County of Cardiff (On Street Parking Places) (Charges) Order 1998 which are for the time being:-

Application per Address per Financial year	Fee Charged per permit issued
1st	£5
Visitor	£5
2nd	£30

The Order will come into operation on the 22 July, 2013 and copies of the Order and plans showing the affected areas are available at the address shown below, where they may be examined between the hours of 9.00 a.m. – 1.00 p.m. and 2.00 p.m. – 5.00 p.m. Monday to Friday.

If you wish to question the Order's provisions or validity on the grounds that they are not within the powers conferred by the Road Traffic Regulation Act 1984 or on the ground that any requirement of, or any instrument made under the Act, has not been complied within in relation to the Order, you may, within six weeks from the 12th July, 2013 apply to the High Court for this purpose.

Dated this 15th day of July, 2013

Melanie Clay, Chief Legal and Democratic Services Officer, County Hall, Atlantic Wharf, Cardiff CF10 4UW

NEW TRAFFIC RESTRICTION FOR THE CITY AND COUNTY OF CARDIFF

On the 12th July 2013 the County Council of the City and County of Cardiff in exercise of its powers under the Road Traffic Regulation Act 1984 (as amended), Part 6 of the Traffic Management Act 2004 as amended and The Civil Enforcement of Parking Contraventions (City and County of Cardiff) Designation Order 2010, made Orders the general effect of which is to impose traffic restrictions on the lengths of road as described in the Schedule below.

The Orders will come into operation on the 22nd July 2013 or on the date that the necessary lines and signs are placed on site, whichever is the later. Copies of the Orders and plans showing the affected areas are available at the address shown below, where they may be examined between the hours of 9.00 a.m. - 1.00 p.m. and 2.00p.m. - 5.00 p.m.

If you wish to question the Orders provisions or validity on the grounds that they are not within the powers conferred by the Road Traffic Regulation Act 1984, or on the ground that any requirement of, or any instrument made under the Act, has not been complied with in relation to the Order, you may, within six weeks from the 12th July 2013 apply to the High Court for this purpose.

Schedule

The County Council of the City and County of Cardiff (High Street, Cardiff) (Prohibition of Waiting/Loading) Order 2013 will;

(i) prevent you from leaving your vehicle (with no loading or unloading) at any time in High Street, on north west side from its junction with Cardiff Road for a distance of 11 metres north east and on south east side from its junction with Cardiff Road for a distance of 12 metres north east; and
(ii) prevent you from leaving your vehicle at any time (with no loading or unloading between 8.00am and 6.00pm) in High Street, on its north west side from a point 87 metres north east of its junction with Cardiff Road for a distance of 17 metres north east and on its south east side from a point 12 metres north east of its junction with Cardiff Road for a distance of 27 metres north east and from its junction with High Street Car Park Access Road for a distance of 25 metres south west; and
(iii) prevent you from leaving your vehicle at any time in High Street, on both sides from a point 39 metres north east of its junction with Cardiff Road for a distance of 31 metres north east.

The County Council of the City and County of Cardiff (Cardiff Road, Cardiff) (Prohibition of Waiting/Loading) Order 2013 will prevent your vehicle from waiting (with no loading or unloading) at any time on its north east side from a point 10 metres south east of its junction with High Street to a point 10 metres north west of the same junction.

The County Council of the City and County of Cardiff (High Street, Cardiff) (Limited Waiting) Order 2013 will prevent you from leaving your vehicle for more than 1 hour between the hours of 8.00am and 6.00 pm Monday to Saturday inclusive (return prohibited within 1 hour) in High Street, on its north west side from a point 70 metres north east of its junction with Cardiff Road for a distance of 17 metres.

The County Council of the City and County of Cardiff (High Street, Cardiff) (Loading Bay) Order 2013 will change the length and loading restrictions of the existing loading bay to waiting for loading and unloading of Goods vehicles permitted from Monday to Saturday between 8.00am and 6.00pm (1 hour no return for 1 hour) in High Street, on its North West side from a point 11 metres north east of its junction with Cardiff Road for a distance of 14 metres north east.

The County Council of the City and County of Cardiff (High Street, Cardiff) (Disabled Persons Parking Places) Order 2013 will establish Disabled Persons Parking Places (for use by any Disabled Badge Holder) in High Street, on its north west side from a point 24 metres north east of its junction with Cardiff Road for a distance of 14 metres.

The County Council of the City ad County of Cardiff (High Street, Cardiff) (Prohibition of Waiting) (No2) Order 2013 will prevent you from leaving your vehicle at any time in High Street on its south east side from its junction with the High Street Car Park Access Road in a north easterly direction to its junction with Cathedral Close and on its north west side from a point 105 metres north east of its junction with Cardiff Road in a north easterly direction to its junction with The Cathedral Green.

Dated this 15th day of July 2013

Melanie Clay - Chief Officer - Legal and Democratic Services
County Hall Atlantic Wharf Cardiff CF10

Capital Notice...

For more information go to www.cardiff.gov.uk or call C2C on 2087 2087

Public Notices

NEW TRAFFIC PROPOSALS FOR THE CITY AND COUNTY OF CARDIFF

The County Council of the City and County of Cardiff in exercise of its powers under the Road Traffic Regulation Act 1984 (as amended), Part 6 of the Traffic Management Act 2004 as amended and The Civil Enforcement of Parking Contraventions (City and County of Cardiff) Designation Order 2010, and of all other enabling powers proposes to make a number of Orders the general effect of which is to impose traffic restrictions in the lengths of road set out in the Schedule below. The title of the Orders and its proposed effects are also described in the said Schedule.

Where applicable, the cost of a permit will be in accordance with the County Council of the City and County of Cardiff (On Street Parking Places) (Charges) Order 1998 which are for the time being:-

Application per Address per Financial year	Fee Charged per permit issued
1st	£5
Visitor	£5
2nd	£30

Full details of the proposals may be seen at the address below during normal office hours and any objections you may have to the proposal must be submitted to me in writing by the 9th August 2013 and must contain the grounds on which you object. Any such objection may be made available for inspection by any interested parties.
Schedule

1. The County Council of the City and County of Cardiff (Southey Street, Cardiff) (Residents Parking Places) Order 2013 proposes to establish Residents Parking Places (between the hours of 8.00am. and 10.00pm. daily) in Southey Street, Cardiff on its South east side from a point 35 metres south west of its junction with Wordsworth Avenue for a distance of 23 metres south west.

2. The County Council of the City and County of Cardiff (Canton Area & Riverside Area Car Parks – Off Street Parking Places) (Pay and Display) Order 2013 proposes to introduce Pay and Display Car Parks in Canton Area in Harvey Street Car Park & Gray Street Car Park and in the Riverside Area in Severn Road Car Park, Wellington Street Car Park & Leckwith Road Car Park.

3. The County Council of the City and County of Cardiff (Trowbridge Mawr: Cath Cob Close/Ellesmere Court/Gresford Close/Malllard Close/Rossett Close/Tarwick Drive, Cardiff) (20 MPH Speed Restriction) Order 2013 proposes to impose a 20mph speed restriction along the following lengths of road:-

(i) Cath Cob Close – throughout its length
(ii) Ellesmere Court - throughout its length
(iii) Gresford Close – throughout its length
(iv) Mallard Close – throughout its length
(v) Rosset Close – throughout its length
(vi) Tarwick Drive – throughout its length

4. The County Council of the City and County of Cardiff (Western Avenue/Eastern Avenue, Cardiff) (30 and 40 MPH Speed Restriction) Order 2013 proposes to;

(i) Amending the existing speed restrictions in Western Avenue from 'on its northern slip road leading from the trunk road which extends from a point 82 metres north east of its junction with Aberporth Road, Cardiff for a distance of 520 metres north east' to read 'on the northern slip road leading from western Avenue which extends from a point 82 metres north east of its junction with Aberporth Road, Cardiff to a point 263 metres south west of the junction Gabalfa Interchange'; and
(ii) Impose 30 MPH Speed restrictions on the A48 Western Avenue (Eastbound Off Slip) from the roundabout junction with Gabalfa Interchange for a distance of 263 metres south west; and on the A48 Eastern Avenue (Eastbound On Slip) from the roundabout junction with Gabalfa Interchange for a distance of 122 metres north east and on the A48 Eastern Avenue (Westbound Off Slip) from the roundabout junction with Gabalfa Interchange for a distance of 167 metres north east.

5. The County Council of the City and County of Cardiff (Australia Road (Within the closed end), Cardiff) (Prohibition of Waiting) Order 2013 proposes to amend the existing restrictions in Australia Road and prevent you from leaving your vehicle at any time on its north west side from its closure point for a distance of 12 metres south west (to a point meets the resident parking bay on its south east side).

6. The County Council of the City and County of Cardiff (Craddock Street, Cardiff) (Prohibition of Driving amendment) Order 2013 proposes to;

(i) revoke the existing prohibition of driving restrictions in Craddock Street, Cardiff at its junction with Trevithick Street, Cardiff and
(ii) prevent you from driving any motor vehicle in Craddock Street, Cardiff at its junction with Trevethick Street.

7. The County Council of the City and County of Cardiff (Wyndham Street/Mandeville Place, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;

(i) revoke the existing driving restrictions in Wyndham Street at its junction with Heath Street, West Side, Cardiff and Mandeville Place at its junction with Lewis Street; and
(ii) prevent you from driving any motor vehicle in Wyndham Street at its junction with Heath Street, West Side, Cardiff and Mandeville Place at its junction with Lewis Street, Cardiff.

8. The County Council of the City and County of Cardiff (Australia Road, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;

(i) revoke the existing prohibition of driving in New Zealand Road, at a point 30 metres north east its junction with North Road; and Canada Road, at a point 50 metres north east of its junction with North Road; and Australia Road, at a point 40 metres north east of its junction with North Road; and Newfoundland Road, at a point 40 metres north east of its junction with North Road; and Pen-y-Bryn Road, at a point 75 metres north east of its junction with North Road; and
(ii) to prevent you from driving any motor vehicle in New Zealand Road, at a point 30 metres north east its junction with North Road; and Canada Road, at a point 50 metres north east of its junction with North Road; and Australia Road, at a point 40 metres north east of its junction with North Road; and Newfoundland Road, at a point 40 metres north east of its junction with North Road; and Pen-y-Bryn Road, at a point 75 metres north east of its junction with North Road.

9. The County Council of the City and County of Cardiff (Green Street, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;

(i) prevent you from driving any motor vehicle in Green Street (within the closed end) and
(ii) revoke the existing restrictions within Green Street (within the closed end) .

10. The County Council of the City and County of Cardiff (Littleton Street/Ninian Park Road/Kingston Road, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;

(i) remove the existing restrictions in Littleton Street from its junction with Ninian
Park Road for a distance of 3 metres north and Kingston Road from its junction with Ninian Park Road for a distance of 3 metres north; and
(ii) prevent you from driving any Motor Vehicle in Littleton Street from its junction
with Ninian Park Road for a distance of 3 metres north and Kingston Road from its junction with Ninian Park Road for a distance of 3 metres north.

11. The County Council of the City and County of Cardiff (Wyndham Street/Craddock Street, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;

(i) remove the existing prohibition of driving restrictions in Wyndham Street, Cardiff at its junction with Craddock Street, Cardiff and in Craddock Street, Cardiff on the east side of its junction with Telford Street, Cardiff and;
(ii) prevent you from driving any motor vehicle in Wyndham Street, Cardiff at its junction with Craddock Street Cardiff.

12. The County Council of the City and County of Cardiff (Craddock Street, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within Craddock Street (within the closed end) across the closed end of Craddock Street situated on the east side of its junction with Trevethick Street for a distance of 5 metres east.

13. The County Council of the City and County of Cardiff (Cowbridge Road East, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway of Cowbridge Road East, on its north east footway of Cowbridge Road East, from its junction with Mayfield Avenue for a distance of 12 metres south east and on its south west footway of Cowbridge Road East, from its junction with Mayfield Avenue for a distance of 10 metres east to its junction with Riverside Terrace.

14. The County Council of the City and County of Cardiff (Lewis Street/Mandeville Place, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway on Mandeville Place (within the closed end) at its junction with Lewis Street, across the closure and footway and on both sides for a distance of 9 metres south east and Lewis Street, on its east side from a point 3 metres north of its junction with Mandeville Place to a point 5 metres south of the same junction.

15. The County Council of the City and County of Cardiff (Philip Street Car Park, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway of Philip Street Car Park, within the footway located on the south west side of Philip Street Car Park from the access road linking Leckwith Road with The Philip Street Car Park for a distance of 45 metres south east (Behind the Community Hall).

16. The County Council of the City and County of Cardiff (Craddock Street/Brunel Street, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway on Brunel Street (within the closed end) within the northern closed end of Brunel Street from its junction with Craddock Street for a distance of 2 metres south and Craddock Street on its south side from a point 5 metres east of its junction with Brunel Street to a point 2 metres west of the same junction.

17. The County Council of the City and County of Cardiff (Fitzhamon Embankment/Tudor Street) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway of Fitzhamon Embankment within the southwest footway of Fitzhamon Embankment, from its junction with Tudor Street for a distance of 24 metres northwest and within the footway of Tudor Street within the north footway of Tudor Street, from its junction with Fitzhamon Embankment for a distance of 24 metres west.

18. The County Council of the City and County of Cardiff (Littleton Street/Ninian Park Road, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway of Littleton Street, within the closed end of Littleton Street from its junction with Ninian Park Road for a distance of 4 metres north.

19. The County Council of the City and County of Cardiff (Wyndham Street/Craddock Street, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within the footway of Wyndham Street and Craddock Street between the closed junction of Wyndham Street and Craddock Street for a distance of 13 metres northwest.

20. The County Council of the City and County of Cardiff (North Morgan Street, Cardiff) (Prohibition of Driving Amendment) Order 2013 proposes to;
(i)revoke the existing prohibition of driving in North Morgan Street, from its junction with Cowbridge Road East, Cardiff for a distance of 3 metres southwards; and
(ii) to prevent you from driving any motor vehicle in North Morgan Street, from its junction with Cowbridge Road East, Cardiff for a distance of 3 metres southwards.

21. The County Council of the City and County of Cardiff (North Morgan Street, Cardiff) (Shared Use Cycle Footway) Order 2013 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed within North Morgan Street (within the closed end) within the northern closed end of North Morgan Street from its junction with Cowbridge Road East for a distance of 4 metres south.

Dated this 15th day of July 2013
Melanie Clay - Chief Legal and Democratic Services Officer
County Hall, Atlantic Wharf, Cardiff
CF10 4UW

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Gold equals Cash
Setting the gold standard
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per gram
Sovereign
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Your 3 STEP guide to Recycling and Waste Collections

STEP 1 - Find your area to find your collection day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ely	Butetown	Gabalfa - Cathays	Adamsdown	Heath
Caerau	Grangetown	Penylan	Rumney	Whitchurch &
	Riverside/	Plasnewydd/	Splott	Tongwynlais
	Pontcanna	Roath		

STEP 1 - Find your area to find your collection day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creigiau/	Canton	Cyncoed	Pontprennau/	Rhiwbina
St Fagans	Llandaff North	Pentwyn	Old St Melons	Llanishen
Radyr/	Llandaff		Trowbridge	Lisvane
Morganstown			Llanrumney	
Fairwater/				
Pentyrch				

STEP 2 - Is it a GARDEN WASTE or BLACK WASTE week?

August 2013

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2013

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2013

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2013

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2013

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

January 2014

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February 2014

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2014

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

April 2014

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

May 2014

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June 2014

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

July 2014

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

STEP 2 - Is it a GARDEN WASTE or BLACK WASTE week?

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30	31			

January 2014

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	1	2	3	4
7	8	9	10	11
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21	22	23	24	25
28	29	30	31	

STEP 3 - Find out what recycling and waste to put out?

	BLACK WEEK	GARDEN WEEK
BIN AREA	general waste / dry recycling / food	garden waste / dry recycling / food
BAG AREA	general waste / dry recycling / food	garden waste / dry recycling / food

Bins (bin area), bags (bag area), food caddies and recycling bags are to be placed out kerbside no earlier than 4.30pm on the day before collection and no later than 6.00am on the day of collection.

recycle for Cardiff
ailgylchu dros Gaerdydd

Simply text '**TIDY**' with your house number and postcode to **60066.** You will receive a weekly text to remind you of your collection day and what needs to be placed out.

CARDIFF
CAERDYDD